<http://www.masterchef.com.au/basic-sponge.htm>

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## Basic Sponge



### Ingredients

5 egg yolks  
110g caster sugar Physical Change   
3 egg whites  
Pinch of salt  
40g plain flour  
20g cornflour melt  
40g butter, melted and cooled   
Vegetable oil spray

[http://imagec15.247realmedia.com/RealMedia/ads/Creatives/default/empty.gif](http://oascentral.ten.com.au/RealMedia/ads/click_lx.ads/Masterchef/recipes/inventiontest/basicsponge/52042834/x50/default/empty.gif/4f71566474453470616e454142755048?x)**Method**

1. Preheat oven to 160⁰C.  
  
2. Baking paper-line a baking tray or grease and baking paper-line a spring form cake tin.

3. Beat yolks and 50g sugar in a small bowl in an electric mixer until thick and pale.  
  
 Chemical Change

beat

4. In a clean and dry small bowl beat egg whites and salt until soft peaks form. Gradually add remaining sugar and whisk until firm peaks form.

Chemical Change Chemical Change

beat whisk

5. Gently mix a large kitchen spoonful of egg white mixture into yolk mixture, gently fold in remaining egg white mixture with a metal spoon. Sieve flours into egg mixture and gently fold to combine. Fold in cooled melted butter.

Chemical Change

Mix/fold

6. Spoon mixture into prepared spring form cake tin or tray. Bake for 8 - 10 minutes or until light golden, remove and set aside to cool.

Chemical Change

bake